



Sarah Rae

**Trustee of Minds' Council of Management
Mind**

Candidate Statement

Spending eight months on a mental health ward highlighted important safety issues and examples of poor patient care. This awareness made me determined to improve the design and delivery of services locally and become involved with national influencing and campaigning work. I became an Expert by Experience and later trained as a Patient Leader. I work with the Cambridgeshire and Peterborough Foundation Trust (CPFT) as a critical friend to improve services to ensure they are person centred and reflect patients' needs. I always try to ensure that patients, especially those from diverse backgrounds, are at heart of the decision-making processes. My direct contact with people with lived experience enables me to bring the views of people who are underrepresented to strategic level forums.

The Mind report on physical restraint (2013) highlighted great variation in the use of restraint. I voiced concerns about restraint usage within CPFT which sparked the inception of PROMISE (<http://www.promise.global/>). This initiative has resulted in a marked drop in restraint use and I have presented the findings at the World Psychiatric Association Congress. My role as a trustee of Mind (6 years) is a strategic one and involves overseeing the general management of the charity and setting the policies of the organisation. User involvement is rooted in Mind's ethos and is embedded in its activities. However, my aspiration is to see more power sharing and joint ownership across the Mind network. I liaise with the Lived Experience Influence and Participation Manager on an ongoing basis and lobbied successfully for engagement to be discussed at Council. I am a proponent of person centred care and Shared Decision Making (SDM). I was involved in a research study focusing on SDM in psychiatric medication management which entailed training clinicians across CPFT. In fact, a large component of my work is research based and I have been a co-applicant on successful funding applications.

I am a Non-Executive Director of the East of England Collaboration for Leadership in Applied Health Research and Care (CLAHRC EoE). As a PPI Advisor to the Board I am responsible for holding the CLAHRC to account for PPI policy and delivery, and advocating on behalf of community groups.

I have a good understanding of the evolving healthcare landscape through my work with my local Sustainability and Transformation Partnerships (STP) Clinical Advisory Group. I currently sit on the Cambridgeshire and Peterborough STP Mental Health Strategy group as a patient representative always trying to bring a wider perspective and ensuring patient views are brought to the fore.

In addition, I am a patient representative on the Eastern Academic Health Science Network's 'Action on Frailty Patient Safety Collaborative' (<http://www.eahsn.org/our-work/improving-health-and-care/east-of-england-patient-safety-collaborative>)

I recently joined Q which is a connected community working together to improve health and care quality across the UK. I am involved with the Q Improvement Lab (<https://q.health.org.uk/q-improvement-lab>) which is exploring how effective peer support can be made available to people with Long-term Conditions (LTCs) needing support with self-management. I belong to the East of England Citizens' Senate which has the purpose of being the patient and carer voice for strategic health care for people with (LTCs).